

Mountaineer

Vol. 61, No. 16

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Visit the Fort Carson Web site at www.carson.army.mil

April 25, 2003

Fountain-Fort Carson ...

Information for upcoming kindergarten registration

Courtesy of Fountain-Fort Carson School District

The following information items will be needed to complete a student registration:

- Birth certificate
- Immunization record and other pertinent medical information
- Social security number for parent who is head of the household
- Name and address of both parents' employer/unit, along with the telephone number and name of the commander/first sergeant
- Name, address and telephone number of family physician
- Student birth date and place of birth
- Home address and telephone number
- Name and contact information of relative/friend in case of an emergency (when the parent cannot be reached)

Colorado Immunization Law — Colorado School Law states all students entering school for the 2003/04 school year must be in compliance with the Colorado School Immunization Law. To be in compliance, a student must have the proper immunization against polio, Diphtheria-Tetanus-Pertussis or Tetanus-Diphtheria, measles (hard red), Rubella, mumps and Varicella (chickenpox). Hepatitis B vaccine series is required for children entering daycare, preschool, kindergarten, first grade and second grade.

See Kindergarten, Page 4



Photo by Ahmad Terry

3rd BCT hard at work ...

Soldiers of the 1st Battalion, 8th Infantry, 3rd Brigade Combat Team, detain Iraqis as they check for weapons looters might have taken at the northern complex of Al Taji airfield military complex northwest of Baghdad. These men had no weapons in their car and were later released.

Gunslingers ride out with 3rd ACR



Photo by Sgt. 1st Class Gary Qualls Jr.

Senior Airman Brent Haney, a tactical air command and control specialist, directs firepower from the air while Staff. Sgt. Robert Lilly defends. Both airmen are in 13th Air Operations Support Squadron.

**by Sgt. 1st Class Gary Qualls Jr.
3rd Armored Cavalry Regiment**

CAMP VICTORY, Kuwait – Getting down and dirty in the desert with their Brave Riflemen brothers, the Gunslingers of 13th Area Support Operations Squadron are ready for whatever unfolds on the 3rd Armored Cavalry Regiment's charge northward in the unit's next phase of Operation Iraqi Freedom.

The 13th ASOS, an Air Force unit assigned to Fort Carson, supports the 10th Special Forces Group, the 3rd Brigade Combat Team and the 3rd ACR by calling in firepower from the air. The unit was nicknamed the Gunslingers about a year ago because of the guns on the aircraft they direct to the battle and to compliment their cavalrymen counterparts. They regularly train with the regiment and deploy with it to Pinon Canyon, the National Training Center and on real-world missions such as Operation Iraqi Freedom.

The squadron calls in aircraft from the Air Force, Navy and Marines to support the regiment through the Air Force's Air Support Operations Center. The squadron can call in air assets from points far and wide, said Lt. Col. Rick Wilcox, the 13th ASOS commander and the senior air liaison officer for 3rd ACR.

"We bring the ability to kill the enemy before the ground forces ever get close to them," Wilcox said.

The squadron consists of four subunits, which the Air Force calls flights. The flights are operations, weather, logistics and the command section. The unit is highly mobile with M113 armored personnel carriers, targeting devices, laser range finders, "Humvees" with multi-spectral radio communications as well as the ability to call upon the Air Force's mighty arsenal of aircraft.

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Eagles' first track meet. Page 19

Feature



Alcohol Awareness Month, a time to focus on a problem that can affect anyone.

See Pages 18 and 19.

Happenings



Learn about insects and butterflies at the Butterfly Pavilion in the Denver area.

See Page 25.

FRG meetings

Anyone interested in joining a Family Readiness Group can call the Army Community Service at 526-4590 for more information.

**Post Weather hotline:
526-0096**

I know from experience ...

You'll always lose with too much booze

Commentary by Spc. Chris Smith
14th Public Affairs Detachment

As best as I can remember, the first time I got drunk was when I was 13. That's kind of the problem. I just can't seem to remember much of anything when I drink.

It's pretty much a sure bet when I went out to a club, the whole night would be a blur. I would often find myself trying to shake loose the cobwebs in a new and strange place or with a new and strange face. I'll just say the best morning memories of life are rarely generated from a night of drinking.

How I have managed to stay alive through some of my adventures with alcohol baffles even me. Like the time a friend and I decided that rock climbing and rappelling would be a good idea with beer. Needless to say, I was extremely lucky not to have plummeted to my death when the carabineer attaching me to the rope came undone about 80 feet up. I have a videotape to remind me of that stupidity.

I could fill a book with all the drinking blunders I've had. However, not all of the stories would be humorous. Half the book would be on the troubles drinking has caused me; how I dropped out of high school when I was 16, because drinking and the beach were much more inviting than studying, or maybe the effect it has had on my military career.

My life in the military was going great up until last summer. I had just gotten my E-5 in February when I was stopped for a driving under the influence in July. Up until that point, alcohol had never interfered with my military career. Because I had been a

good soldier and worked hard, my commander and noncommissioned officer in charge decided not to give me the full punishment.

Yet, none of the punishments handed out helped me realize I had a problem. I thought because I wasn't dependent on alcohol I didn't have a problem and my driving drunk, while stupid, wasn't really all that bad because nobody got hurt.

Then I got the wake-up call I needed. Luckily, the second time I didn't hurt or endanger anyone but myself. I got busted for being drunk on duty. If you saw the byline, I don't have to tell you what happened to my rank, and I'm still working on the extra duty.

For the first time in nine-odd years of drinking, it really hit me that perhaps I do have a problem. My drinking had not only affected my military career; it took away the trust of my bosses, my peers and my soldiers. It made me reflect on what I had done, all the people I've put in danger and the just plain overall waste of time and a damn fine liver.

I realized that alcohol abuse doesn't mean dependency. My consistent bingeing was a serious problem. It was something nearly out of my control.

It had become clear to me I had to re-evaluate my life. It's true that your head really does clear and you feel healthier overall when you don't drink as much. I

actually have started saving money and haven't been broke in months. I had been living paycheck to paycheck for my entire time in the military until now.

Everyone is different when it comes to drinking. If you're like me and it runs in the family, you'll prob-

ably have more trouble with it than others will. Some people will never be bothered with drinking and won't see how people like me can have so many problems. Everybody is different, so I'm not going to preach to the masses. I just felt like sharing what it's done to me.

I try to be upbeat about nearly everything, but it's pretty hard to be upbeat about losing rank and money. It's been a hard dose of reality to take, but

it's been a necessary one. Unfortunately for me, it took a serious slap in the face to wake me up to what was happening to my life.

Counseling has helped me to figure out what my problem is.

Drinking has put a damper on my life, but I feel pretty good about the future. Through my experiences and counseling, I know how to plan ahead and how to find help before I need it. I can honestly say, now, that I don't think it will ever be a problem again.

YOU BOOZE, YOU LOSE

Possible consequences of drinking:

Loss of pay, rank, respect and job

Fines, court costs or jail time

Family or marital troubles

Financial instability

Health problems

Loss of a loved one or your own life

Today's Army — a great generation of soldiers

Commentary by Sgt. Craig Zentkovich
50th Public Affairs Detachment

When I used to reflect on all the conversations I'd had with combat veterans from World War II, the Korean War and the Vietnam War, I was always amazed at their extraordinary stories of bravery and perseverance — their dedication to duty and their love of country at a time of war.

These were the men who set the standard for which we as soldiers live by today — the seven army values: Loyalty, Duty, Respect, Selfless service, Honor, Integrity and Personal courage.

In recent years, some naysayers had all but written off the young men and women who happen to comprise today's fighting force. They've used terms like "lazy," "unmotivated," "lack of direction" and "soft" — but they were wrong.

Since March 20, I have borne witness to unfathomable acts of greatness by soldiers of all ages — in the face of fear, horror and loss. I have spent weeks with the different units and soldiers of the 1st Brigade Combat Team, 3rd Infantry Division (Mechanized). Most battalions

in the 1st BCT have soldiers who've paid the ultimate price in the hopes of freeing the people of Iraq from an oppressive dictator.

One unit in particular is Company B, 11th Engineer Battalion.

On the morning of April 4, they came under attack from an estimated 100 Iraqi troops northeast of Baghdad International Airport. They were pinned down on Highway 8, suppressed by mortar fire, RPGs and AK-47s. Shortly after a mortar round struck one of their armored personnel carriers, wounding the three soldiers in it, the platoon sergeant of second platoon made a selfless and life-altering decision. He manned a .50-caliber machine gun and began suppressing the enemy, taking the enemy's focus off his soldiers and making himself their main target. Sgt. 1st Class Paul Smith fired more than 400 rounds before he was fatally wounded. The enemy retreated shortly thereafter and no more Co. B soldiers were injured. He had personally saved their lives.

Despite the loss of what his soldiers

described as an "outstanding noncommissioned officer and leader who always looked out for his soldiers," Co. B remained in the area, providing security for the next two days.

April 7, tragedy struck the men of Co. B a second and third time. Less than 12 hours after being relieved from their security position, they were called on again, this time to support the infantry by constructing hasty fighting positions and knocking down walls in outer Baghdad.

Later that afternoon, an armored combat earthmover, under the direction of Staff Sgt. Lincoln Hollinsaid, Smith's replacement as platoon sergeant, knocked down a portion of wall running along Highway 8. On the other side of that wall were Iraqi soldiers, who immediately opened fire when the wall crumbled. Soldiers of Co. B could only watch as an RPG was fired directly at Hollinsaid, killing him.

At 11:30 p.m., Pfc. Jason Meyer, a driver for 1st Platoon, Co. B, stood atop his APC, putting his vest on prior to pulling turret watch. Mistaken as an Iraqi

soldier attempting to scale a wall to the front, he was fired on by an M-1A1 Abrams tank with a 120 mm round. Though the round did not impact his APC, the wall and armored combat earthmover it did hit sent shrapnel and concrete with such force that one fragment struck and killed him.

In spite of their losses, they continue to accomplish their missions and keep their chins up. They now fight for something that hits closer to home — the memory and honor of their fallen comrades.

This war has proven what I have known for a long time: the soldiers of today's Army are loyal, dedicated, respectful, selfless, honorable, honest and courageous. They live by the Army's values, as did their predecessors. Those who doubt them should continue to bathe in their ignorance, for these soldiers have nothing to prove. Today's soldier has served and will continue to serve his country with pride and resolve. That's what makes this nation and this generation of soldiers great.

MOUNTAINEER

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News

Civilians celebrate U.S. soldiers arrival

By Spc. Adam Nuelken
3rd Infantry Division (Mechanized)
Public Affairs Office

BAGHDAD, Iraq – What started as a trip from the center of Baghdad toward northern Baghdad to retrieve graphics from the 3rd Brigade Combat Team headquarters April 10, turned into something more surreal than ever expected.

The mission to retrieve the graphics was changed en route because the soldiers were needed to help control hordes of civilians – overly enthusiastic civilians.

“The battalion commander was establishing a blocking position and due to the large crowds of civilians, it requested additional manpower,” according to 1st Lt. Jeffrey Cline, liaison officer for Task Force 2-69 Armor. “I was expecting them to be fairly happy with us being there, but I wasn’t expecting them to be so excited.”

The civilians initially waved, gave ‘thumbs-up’ and cheered for the soldiers, but after only a few minutes, they encircled them to offer thanks.

“A lot of them didn’t come out to beg, even though they were hungry and thirsty, they wanted to thank us,” said Spc. Richard Edwards, a tanker with Headquarters Company, Task Force 2-69 Armor. “I didn’t expect everyone to be as happy as they were.”

The Iraqis also had many questions ranging

from topics such as what their future held to general background information about the soldiers.

“They wanted to know if Bush or Blair were going to be their president. I told them ‘no,’ and they asked ‘who would be?’” Cline, a Centreville, Va. native, added. “I said ‘you will now have the freedom to pick him yourself.’”

Along with the concern about the president, the Iraqis were asking ages and where soldiers were from. When one soldier replied he was from Texas the crowd screamed and chanted George Bush.

But with all the happiness of the horde of hundreds of civilians, the desolate lifestyle they lived in could not be ignored – children without proper clothing, people coming to the soldiers for medical aid and others so thin, it was obvious they didn’t have enough to eat.

“First (people around the world) didn’t want us coming here, but they didn’t see these people – the kids running around without shoes on, little boys wearing their older sisters clothing because the family didn’t have enough (money) to buy him clothes. I have a 10-year-old brother, and I could never imagine him living like this,” Edwards, a Port Richey, Fla., native, said. “I thought since this was the capital, they would be more economically stable, but they are still pretty poor out here.”

Edwards gained a lot of popularity from the crowd by signing autographs, which the crowd went

berserk for, to singing Queen’s song, “We Will Rock You,” which the crowd chanted wildly.

“Ninety-nine point nine percent of the people were out here cheering for us,” Edwards added. “It made you know they wanted you here, and you knew you were doing the right thing by being here. It made me feel good to know we’re making a difference to thousands of people’s lives.”

Even now, as soldiers drive down the streets of Baghdad, civilians crowd the sidewalk to wave and cheer. Some wave excitedly to visibly show their appreciation for the freedom from Saddam Hussein’s regime.

“You have freed the south, you have freed the north, you have freed Baghdad,” an Iraqi told me in broken English. “You have freed all of Iraq, and now we are one and have nothing against each other.”

Initially when forces rolled into Baghdad, the people were more timid.

“I think they were scared of us, and they didn’t know what our intentions were,” Cline said. “They appear to realize our intentions are friendly, and they reply by waving.”

Even though there is still fighting in Baghdad and shots ringing in the distance night and day, the Iraqis are no longer afraid to show their disgust toward Hussein and appreciation for America’s fighting forces.

Registration

From Page 1

Students will be enrolled if they have begun their series of Hepatitis B vaccine and can provide proof of intent to complete the series. If a child is 5 years of age or older, Hib vaccine is no longer required. Verification must be provided to the school upon completion of the series.

Students who are not in compliance will be excluded from school. Students may be in compliance through a medical, religious and/or personal exemption. Please remember to have the student's immunization record available at the time of registration.

If you have any questions concerning any phase of the Colorado School Immunization Law, please contact the Administration Office at 382-1300 prior to registration. If a student is not in compliance with this Colorado law, they will not be permitted to enroll. The only exception is for a student transferring from another school district. Such a transfer student will be permitted 60 days to meet the compliance regulations. If compliance has

not been met during that time span, the student will then be excluded from school.

Kindergarten registration will be held at the schools according to the following schedule:

Abrams Elementary, 600 Chiles Avenue, May 8 from 8 a.m. to 3:30 p.m. for all students residing north of O'Connell Boulevard and Highway 115.

Jordahl Elementary, 800 Progress Drive, May 6 and 7 from 9 to 11 a.m. and 1 to 3 p.m.

Mountainside Elementary, 5506 Harr Avenue, May 5 to 9 from 8 a.m. to 3:30 p.m. for all students residing south of O'Connell Boulevard and north of Nelson Boulevard.

Aragon Elementary, 211 S. Main Street, May 6 and 7 from 9 to 11 a.m. and 1 to 3 p.m.

Beacon Primary, 5510 Harr Avenue, May 6 from 8:30 to 11 a.m. and 1 to 3 p.m. for all students residing south of Nelson Blvd.

Mesa Elementary, 400 Camino Del Rey, May 6 and 7 from 8:30 to 10:30 a.m. and 1 to 3 p.m.

Fort

From Page 1

ability to call upon the Air Force's mighty arsenal of aircraft. The communications in the squadron's Humvee pallets includes state-of-the-art satellite communications.

The commander and the airmen in the squadron agree that this band of gun-sliding brothers is a tight knit bunch who take pride in being just as rugged and having eaten just as much dust as any regiment trooper.

"These guys are hard chargers and they motivate me to be the same way," said Airman 1st Class Eddie Ramirez.

"Sometimes people ask us what the Air Force is doing on an Army installation," said Senior Airman Brent Haney, also a tactical air command and control specialist. "A lot of Army people ask us if we get paid more because we work with the Army — we don't."

What they do is "face as much risk as anybody in the regiment," Wilcox said.

The squadron, though smaller than most Army companies, has airmen in units throughout the theater in Operation Iraqi Freedom, noted Wilcox. The squadron, which has been at Fort Carson even before 3rd ACR came to the Mountain Post, has some proud accomplishments in its history, Wilcox said. Squadron airmen have received three Bronze Stars in Operation Enduring Freedom. The squadron has been Squadron of the Year in its group consisting of six squadrons. The Air Force unit has had successful deployments in Operation Joint Guardian, Operation Enduring Freedom, Operation Anaconda, Bright Star, four NTC rotations and Operation Iraqi Freedom in the past two years.

Military

Home alone ...

Carson's rules for curfews, leaving children unattended

by 1st Lt. Melissa Field
Provost Marshal Office

Military sponsors are responsible for the safeguarding and control of all family members. Fort Carson has a curfew for juvenile family members and a "home alone" policy to ensure parental control for their safety, protection and conduct. Unmarried persons under the age of 18 are not permitted to be in a public place on Fort Carson from 10 p.m. to 6 a.m. Sunday through Thursday and midnight to 6 a.m. Friday and Saturday.

Traffic Roll Up

In the past week, there were 124 total citations:

- 23 for speeding
- 43 for parking violations
- 15 for no safety restraint
- 43 for other violations (e.g.: malfunctioning equipment, lack of insurance or registration, expired plates and improper vehicle operation).

Exceptions are:

- If accompanied by a parent or legal guardian.
- If accompanied by a person 21 years or older with the parent or guardian's permission.
- If attending a sanctioned religious, school- or government-sponsored activity on Fort Carson.
- If running an emergency errand.
- If traveling directly from a location on post to their quarters.
- If traveling directly from their quarters to a location off post.

The intent of this policy is to ensure juveniles are not moving about the installation unsupervised during curfew hours.

The home alone policy is as follows:

- Ages 0 to 5 years.

These children require close supervision and must be under direct control of a parent or parent designee at all times.

- Ages 6 to 9 years. Children in this age group

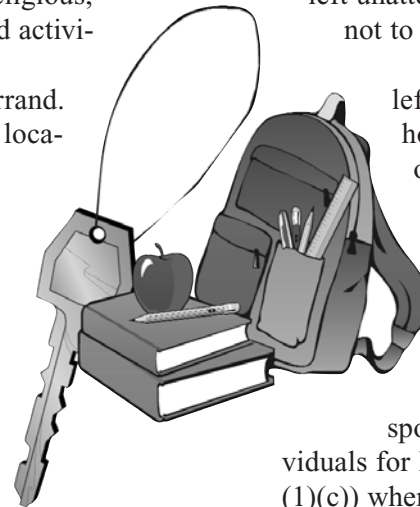
are permitted to play outside unattended, provided a parent is home and can provide responsible supervision.

- Ages 10 to 12. Children in this group may be left unattended during the day and in the evening not to exceed four hours.

- Ages 13 to 15. These children may be left unattended during the day and evening hours not to exceed eight hours to include overnight care, provided they have completed Red Cross Baby-Sitting Course.

Too loud?

Excessive noise is prohibited on Fort Carson. Military Police, along with all leaders, are charged to enforce noise abatement and/or make an on the spot correction. MPs can and will cite individuals for Disorderly Conduct (CRS 18-9-106 (1)(c)) when they "make unreasonable noise in a public place or near a private residence that he has no right to occupy." With good weather fast approaching and more windows being opened, please keep in mind those around you may not appreciate the same music you do.



Military Briefs

Hours of operation

Information, Tickets and Registration Office and the Outdoor Recreation Complex Information Desk have been combined in an effort to better serve customers. Hours of operation are Tuesday through Saturday, 10 a.m. to 5:30 p.m. For information, call 526-2083 or 526-5366.

For official travel services, Carlson-Wagonlit Travel, in building 1012 on Long Street, is open Monday through Friday from 7:30 a.m. to 4 p.m., and until 3 p.m. on training holidays.

Travelers are reminded to bring three copies of travel orders when picking up tickets for official travel. Soldiers and family members must have one original and one copy of their “travelopes” and three copies of each order, to include amendments, for overseas permanent changes of station. If you cannot pick up your tickets in person, you can fax a copy of orders to 526-1142 or 576-5262 for issuance of an e-ticket.

Please call 576-5188 to confirm

receipt of faxed orders. Tickets will not be issued without orders. If you do not use your ticket, you must bring it and two copies of your orders. If you were issued an e-ticket and did not travel, you still must bring in two copies of orders to process a refund for the unused ticket.

Central Issue Facility hours of operation are: Regular business hours: Monday, Tuesday, Wednesday and Friday from 7:30 to 10:30 a.m. and 11:30 a.m. to 3 p.m. and Thursdays 7:30 to 10:30 a.m. Initial Issue/Partial Issue/DX: Monday, Tuesday, Wednesday and Friday from 7:30 a.m. to 10:30 a.m. and 11:30 a.m. to 3 p.m. and Thursdays: 7:30 to 10:30 a.m. Partial Turn-Ins: Monday, Tuesday, Wednesday and Friday from 11:30 a.m. to 3 p.m. All full turn-ins require an appointment. Please call 524-2006 or 526-2729 to schedule an appointment. For questions, call Stacey Sly at 526-5512.

Legal assistance adjusted schedule — Due to the increase of deployments and the need for attorneys to staff the Soldier Readiness Processing site, walk-ins to see attorneys are now Wednesdays only; sign in is at 12:30 p.m. on a first-come, first-served basis. Powers of Attorney and notaries are done on a walk-in basis 9 a.m. to 4 p.m., Tuesdays, Wednesdays and Fridays.

Briefings

Special Forces briefings — Special Forces recruiting briefings are Wednesdays at 1:30 p.m. and Thursdays at 1:30 and 3:30 p.m. at the Grant Library for males in the pay grades E-3 to E-7 with a general test score of 100 or higher and who are U.S. citizens.

ETS/Transition briefing schedule — In order for soldiers to receive their end of time in service orders, soldiers must attend an End of Term of Service briefing. Soldiers may sign in at 7:15 a.m. and the briefing begins at 7:30 a.m. in building 1118, room 317. For more information, call the Transition Center at 526-2240 or 526-4298.

The Commanding General’s Newcomers’ Brief is the third Wednesday of each month, 1 to 3 p.m. at McMahon Theater.

The following are dates for upcoming briefings: Wednesday and May 21.

There will be a local Officer Candidate School board May 22 and 23. This board is required for all applicants. All participants must report in Class A uniform. All packets must be turned in to the 502nd Personnel Services Battalion, Personnel Actions Section, building 1118, room 208, no later than May 7. For more information, call Sgt.

Jacklyn Christensen at 526-1906.

Laundry Service

Post Laundry Service — The Post Laundry service provides free laundry and dry cleaning service to soldiers for government-owned property only. Items issued by the Central Issue Facility should be cleaned at the Post Laundry prior to turn in. Soldiers are reminded to allow extra time for items to return from the cleaners. It is not recommended to pick up your equipment on the same day as the scheduled CIF appointment.

The turnaround for the service is 72 hours and no appointment is necessary. The Post Laundry will not clean personal items like BDUs, boots, tent pegs, canteens, entrenching tools or wet-weather gear. Material TA-50 items that can be washed include: sleeping bag assembly, chemical suits, Gortex, ruck sacks, coveralls, CVC jackets and most web equipment.

Hours of operation are 7:30 a.m. to noon and 12:30 to 3:45 p.m., Mondays through Fridays, excluding holidays. For more information, call 526-8806 or 526-8804.

Editor’s note: The deadline for submitting “briefs” to the Mountaineer is 5 p.m. Friday before publication.

Meddling with Meals Ready to Eat menus

by Kristen Guss
Army News Service

FORT BELVOIR, Va. — Beginning with contract production runs in June, the Defense Logistics Agency will add new Meals, Ready to Eat menus, while eliminating others.

The changes were in response to the likes and dislikes expressed in Army surveys taken by soldiers.

The new entrees include Pork Rib and Sauce, Vegetable Manicotti and Roast Beef with Vegetables.

Entrees being eliminated include Jamaican Pork Chop, Pasta Alfredo and Beef with Mushrooms. However, the current stock of MREs will be used until exhausted.

The MRE is a pre-packaged operational ration designed to sustain an individual engaged in heavy activity such as military training or during actual military operations when normal food service facilities

are not available. It is totally self-contained and consists of a full meal packed in a flexible meal bag. The full bag is lightweight and fits into military field clothing pockets. Each meal bag contains an entree and a variety of other useful items, such as chewing gum, matches and moist toilette.

Except for the beverages, the entire meal is ready to eat. While the entree may be eaten cold when desired or necessary, it can also be heated in a variety of ways, including submersion in hot water while still sealed in its individual entrée package. Since Operation Desert Storm, a flameless ration heating device has also been packed into each meal bag to heat the entrée.

Each meal bag contains the components of one meal. Soldiers who are engaged in heavy activity normally consume three MREs a day.

In its ongoing effort to be responsive to its cus-

tomers, DLA provides several types of MREs tailored to different dietary requirements.

The Meal, Religious, Kosher or Halal, is provided for individuals in the military services who maintain a strict religious diet. Each meal consists of one Kosher or Halal certified entree and religiously certified or acceptable complementary items sufficient to provide the recommended daily nutritional requirements. There are two vegetarian meals in every box of MREs which supports those troops who, for various reasons, cannot consume meat.

Special Humanitarian Daily Rations are also produced and distributed to displaced persons or refugees under emergency conditions. These packs contain enough food to sustain a moderately malnourished person for one day.

Editor’s note: Kristen Guss works for the Defense Logistics Agency.

Dining Schedule

Week of April 26 to May 2

Weekday Dining Facilities

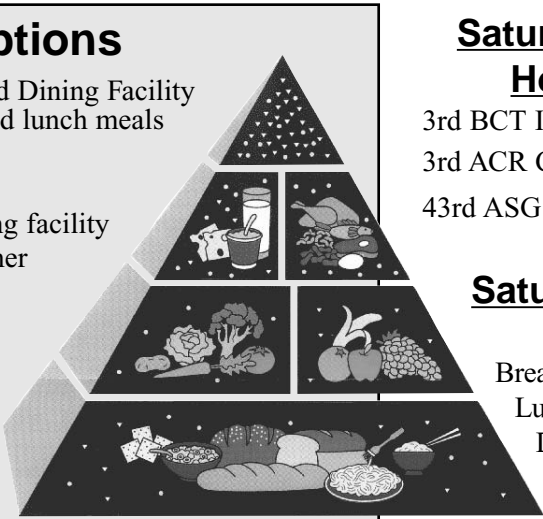
43rd ASG Cheyenne Mtn. Inn (building 1040)
3rd ACR CAV House (building 2461)
3rd ACR Butts Army Airfield (building 9612)
3rd BCT Iron Bde. (building 2061)

Weekday Meal Hours

Breakfast 6 to 9 a.m.
Lunch 11:30 a.m. to 1 p.m.
Dinner 4:30 to 6:30 p.m.

Exceptions

- Butts Army Airfield Dining Facility serves breakfast and lunch meals only.
- 10th SFG (A) dining facility is closed until further notice.
- Patton House and CAV House dining facilities are closed April 25 to 27



Saturday, Sunday and Training Holiday Dining Facilities

3rd BCT Iron BDE. (building 2061)
3rd ACR Cav. House. (building 2461)
43rd ASG (building 1040)

Saturday, Sunday and Training Holiday Meal Hours

Breakfast 7:30 to 9:30 a.m.
Lunch 11:30 a.m. to 1 p.m.
Dinner 4:30 to 6:30 p.m.

AFAP issue:

Housing allowance reviewed by FORSCOM

by Nancy A. Montville

Army Family Action Plan program manager

The Forces Command Army Family Action Plan Conference was March 17 to 21 in Atlanta. Fort Carson sent six representatives to the conference with nine Fort Carson issues prioritized for FORSCOM for consideration.

The issue titled "Inadequate Housing Allowance" was researched and it was determined there is already an active issue at the Department of the Army AFAP level that addresses this topic.

Inadequate housing allowance

The scope of this issue, as developed by Fort Carson, states soldiers do not receive adequate housing allowance based on the current Basic Allowance for Housing rate of 88.7 percent. A family's financial burden is increased due to the current rate not covering the cost of housing, utilities or other costs required to live in this area. This is a significant problem for junior soldiers and their

families. Soldiers must either accept substandard housing or absorb out-of-pocket costs. The Fort Carson workgroup recommended the following: fully funding BAH in fiscal 2005 or sooner and ensure Fort Carson provides accurate BAH data to contractor.

Col. Sharon Duffy, 43rd Area Support Group commander, provided the following response: The Department of Defense has recognized the long-standing disparity between average housing costs and BAH. As part of an ongoing five-year plan projected rate increases from 2003 BAH rates will increase on average by 8 percent. (3.8 percent more than the average rise in housing costs). As a result, average out-of-pocket costs for servicemembers will drop to 7.5 percent. This is the third year of a five-year plan to raise BAH rates to fully cover the average cost of housing by 2005. The new 2003 BAH rates by locality were announced in December 2002.

FORSCOM AFAP Response: This is an active

issue at the DA AFAP Level. Issue #451 entitled Continental United States Cost of Living Allowance Threshold Index. You can read more about this active issue or other active DA AFAP issues by visiting the ACS Web site at www.goacs.org. Click on AFAP and then on Issue Update Book.

To obtain additional information on this issue or the Army Family Action Plan Conference contact Nancy A. Montville, the Fort Carson AFAP Coordinator at 526-4590, or at nancy.montville@carson.army.mil.

AFAP issues on-line

Find out about

Department of the Army
Army Family Action Plan
issues by visiting the Army
Community Services Web
site at www.goacs.org.

Click on AFAP and then
on Issue Update Book.



Greenback

Bottom line ...

Power of Attorney for deployed soldiers

**by 1st Lt. Theodore Stutz
4th Finance Battalion**

A Power of Attorney is a written instrument that allows you, the “principal,” to authorize your agent, or “attorney-in-fact,” to conduct certain business on your behalf. It is one of the strongest legal documents you can give to another person. There are two types of POAs: general and special (or limited). A general POA gives your agent very broad powers to act on your behalf and a special POA limits your agent’s authority to act only on certain matters.

Every act performed by your agent within the authority of the POA is legally binding upon you. Since a POA is such a powerful document, give it only to a trustworthy person and only when absolutely necessary. Your local legal assistance office can advise you about, and prepare for you, the appropriate type of POA needed for your situation.

You may hear that you need a general POA so someone else can take care of your affairs if you are absent. This is probably not true. In fact, it is highly unlikely you will ever need a general POA. The best thing to do is to tell a Judge Advocate General exactly what you want your POA holding agent to be able to do and have JAG draw up a spe-

cial POA specifically listing those things.

A brief overview of the different types of POAs:

General Power of Attorney

A general POA gives the agent the authority to do most things you could do yourself, such as write checks and pay bills, borrow money and sign contracts in your name. Your agent cannot perform certain actions requiring your personal attention, such as taking an oath. General POAs may not be accepted for the performance of certain acts, such as cashing government checks or conducting real estate transactions.

Special (limited) Power of Attorney

A special, or limited, POA authorizes the agent to do only a specified act, such as sell your car, ship your household goods or cash your paycheck. A special or limited POA can accomplish almost any need: access a particular bank account, close on a house, medical care for your children or movement of your household goods. The special or limited POA, as its name implies, restricts the other individual’s action to a particular purpose which you have chosen; this is much safer than giving a general POA, which grants another indi-

vidual almost complete legal power over your personal and financial affairs. Also, the special POA is more likely to be accepted by those with whom the individual you have designated will be trying to do business. Because it is drawn for a specific purpose, it is often considered to be a more reliable measure of your actual intent. Some acts may only be accomplished with a special POA. For example, authorizing someone to buy or sell real estate in your name requires a special POA which describes, in great detail, the property and the specific acts to be done by your agent.

Things to remember

- A POA becomes void upon the death of the principal.
- Payments may not be made to a person holding a POA for a mentally incompetent person or a soldier missing in action or interned.
- A POA normally is void if the principal becomes physically or mentally incapacitated. However, appropriate “durability” language may be added to the POA, which will ensure it remains valid during any period of incapacity.
- Any third party has the right to refuse to accept a POA.

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Greenback

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- A POA should be given for only a limited time period (such as six months during a deployment). A third party is more likely to accept a POA with a recent date than one which is many months or years old.

- Many financial institutions and businesses have their own POAs which they prefer to be used to conduct business. Show your POA to all known third parties who may be dealing with your named attorney-in-fact to ensure the POA is acceptable to them.

- A special POA should be as specific as possible. For example, if you are authorizing an attorney-in-fact to sell a vehicle on your behalf, specify the vehicle, license number, vehicle identification number, the make/model/year of the vehicle, and any specific terms you will require. Your legal assistance attorney can help tailor the POA to suit your needs.

- You may revoke a POA before its expiration date by executing a revocation of the POA. Notice of the revocation must be delivered to the attorney-in-fact, as well as to all third parties because you may be responsible to any third party who did not receive notice of the revocation. If possible, recover and destroy the original and all copies of the POA.

Finance Detachments at Fort Carson will honor the following requests with the following types of POA:

General or Special:

- Print leave and earnings statement or a W2
- Submit a travel claim

Special or General POA with the following specifically listed: If the transaction is not clearly stated on the special or General POA it will not be honored.

- Start, stop or change an allotment
- Receive a treasury check on the payee's behalf



Courtesy Photo

Yard sales ...

Wanda Turner bargains with Kristi Meyer, right, and Carol Massey, middle, who ran a yard sale at Sioux Village. On-post residents can set up yard sales in front of their homes the first Saturday of every month between April and December from 8 a.m. to 3 p.m. Single soldiers and off-post residents can set up in the Beacon School parking lot. A make-up day for inclement weather is the Saturday following the regularly scheduled date.

Community

Family Readiness Groups ...

Ensuring families aren't forgotten

by Sgt. Melissa Bernazzani
14th Public Affairs Detachment

Is coping with the deployment of a loved one stressing out you and your family? Well, you're not alone.

Fort Carson Family Readiness Groups are available to help spouses and family members cope with the deployment stresses.

The FRG is "an organization of family members, volunteers, soldiers and civilian employees belonging to a unit/organization who together provide an avenue of mutual support and assistance and a network of communication among members, the chain of command and community resources," according to DA Pamphlet 608-47.

The importance of having a more modern and self-sufficient family group was realized during the Gulf War, 1990 to 1991, and, on June 1, 2000, the Army reorganized the group as the Family Readiness Group.

Since more than 60 percent of the Mountain Post population consists of family members, FRGs are needed more than ever.

It is especially important to be involved with an FRG during times of deployment so the family members can stay informed and be supported by others who "have a common understanding of what you are experiencing while your spouse is away," said Brenda Keller, the Grim Troop, 2nd Squadron, 3rd Armored Cavalry Regiment, FRG leader and master trainer with the Army Family Team Building program.

But, Keller explained, "if you're already involved before a deployment with an FRG, you have a network of people you can go to for support, and you won't feel as insecure when your spouse leaves."

Deployed soldiers are concerned with their families' well-being and often worry whether their family will be taken care of. But being involved with an FRG can help ease the stress of the deployment.

"It's (FRG) the best place to get

information about their (spouse's) unit, about the community and Fort Carson events," said Keller.

The purpose of the FRG is to help keep families prepared for times of deployments, "so the soldiers can concentrate on the mission and the family members can be self-sufficient on the home front," said Nancy Montville, AFTB and Army Family Action Plan manager at Fort Carson's Army Community Service.

It is the unit commander's responsibility to establish the FRG program with the unit, according to Fort Carson regulation 608-47. The commander should work hand-in-hand communicating information with the FRG leaders.

"Unit FRGs are a command sponsored vehicle for people within the unit to help each other," states the Fort Carson regulation. "FRGs provide a communication network to pass information to families, and a conduit to identify problems or needs to the command."

Many spouses may think of FRGs as gossip sessions, but in reality the FRGs focus on keeping family members informed of their soldier's deployment and allowing an open forum to communicate concerns or struggles.

According to The Army FRG Leader's Handbook, the FRG helps:

- build soldier and family cohesion
- prepare soldiers and families prepare for separation during deployments to include the stresses of later reunion
- reduce soldier and family stress
- reduce the commander's and other leader's workloads
- provide tools to help families become more self-sufficient
- provide an avenue for sharing timely, accurate information
- promote better use of post and community resources.

"The FRG exists to support the military mission by providing volunteers trained in effective communication, problem solving, conflict resolu-



Photo by Sgt. Melissa Bernazzani

Sharon Cross, front, and Tabitha Bailey attended the 3rd Armored Cavalry Regiment Support Squadron's Family Readiness Group meeting April 17. The FRG attendees discussed family readiness and deployment issues.

tion, crisis intervention and community resources," as explained in the Fort Carson regulation.

Although the FRG is also a source of support for soldiers and families, it is not to be abused or confused with a financial institution, professional counseling agency, a babysitting or taxi service.

"FRGs are in place to help people and to be a resource," said Montville. "They are in place so we can give out information and give them (the family members) the tools to help themselves."

Participation in FRGs is voluntary. Every soldier and family member of a unit is automatically a member. The FRG should create a friendly and open environment without ranking or cliques, allowing everyone to be treated and respected equally.

Families may contact their soldier's unit FRG, by either contacting the unit at their headquarters or the unit service coordinator at ACS, 526-4590. The

coordinator will be able to provide contact information about the unit's FRG and relay contact information to the unit FRG leader.

Each unit should have an FRG represented, with a battalion-level FRG serving as support and an advisor for company-level or detachment-level FRGs.

Every FRG must have a representative leader. Leaders are encouraged to attend an FRG leaders' course provided by ACS. For more information on becoming an FRG leader, contact Montville at 526-0460.

If family members are not interested in volunteering with the FRG, they may contact ACS about other kinds of support groups; the wellness center for information on upcoming wellness classes such as stress management, healthy living and parenting classes; or families may look into Morale, Welfare and Recreation programs and off-post services such as the Armed Services YMCA.

Upcoming events

Vanity Fair, Military Spouse Appreciation Day — May 13 from 10 a.m. to 2 p.m. at the Armed Services YMCA. A day for spouses to pamper themselves. Contact ACS at 526-4590 or the YMCA at 622-3564 for more information.

Create a Memory, Celebrating Dads — June 12 from 3 p.m. to 6 p.m. at Iron Horse Park. A day for children and families to participate in activities and make crafts to send to their deployed dads. Call ACS for more information.

Deployment support group — The Pikes Peak Chapter of the American Red Cross is sponsoring a Deployment Support Group starting today, 3 p.m. to 5 p.m., at 1600 N. Cascade, Colorado Springs. The group is for mothers, parents, fiancés and spouses of deployed military and will meet once a month. For additional information, call 785-2737.

Community Events

Meetings, briefings and classes

Limited access at Gate 3 — Traffic through Gate 3 is limited to commercial vehicles. All deliveries to Fort Carson must be made through Gate 3. All vehicles are subject to search before entry. Drivers must have a valid driver's license, proof of insurance and current vehicle registration or entry will be denied.

Misc.

Better Environment Through Technology — A Better Environment Through Technology Recycling event is Saturday from 9 a.m. to 3 p.m. at Briargate Wal-Mart — 8250 Razorback Road.

Residents can bring televisions, videocassette recorder, computers, monitors, printers, cell phones and other electronic components for responsible recycling. Military families show military ID and receive a reduced recycling fee, shown below in parentheses:

\$15 (\$5) fee for each TV, monitor or laptop

\$10 (\$5) fee for each VCR, CPU or printer/fax

\$0.35/lb. (\$5 a box) fee for misc. equipment — no microwaves accepted

Cell phones, keyboards, mice, toner and ink cartridges, software — no charge

For more information, call Alicia Archibald, Clean Air Campaign, 633-4343 ext 203 or click the BETTR link at www.clnair.org. Volunteers for the event are needed.

Annual leave donations — Judy Cole, DPTM, is in need of annual leave

donations because of a serious medical condition which has exhausted her leave days. Call Kay Poland at 524-2005 for more information.

ACAP job openings — Army Career and Alumni Program currently has the following jobs listings for interested personnel. For more information about the jobs, call 526-1002.

What: Military analyst (Army transformation) in Colorado Springs. Who: E-7/8 or O-4/5 with 10 years experience

What: Quality control specialist in Colorado Springs. Who: Anyone with five or more years experience

What: Electrical engineer in Albuquerque, N.M. Who: anyone with a Bachelors of Science plus 15 years experience and current top secret clearance

What: Senior Software Design Engineer in Colorado Springs. Who: Anyone with 12 years software development experience and a current clearance A Plus.

Employment at Evans

We have the following positions open: registered nurses, licensed practical nurses, nursing assistants, medical clerks, technicians. Stop by Resource Management Division (room 2525) and see Robin Tydeck or call 526-7331.

Survey Needed

The Mountain Post Training and Education Center is conducting a needs assessment survey. The survey is automated and takes five minutes. Survey taken on May 15 in Room 160B, building 1117.

ID Card/DEERS Section

ID Card/DEERS Section has returned to normal business hours. Hours are Monday, Tuesday, Wednesday and Friday from 7:30 a.m. to 4:30 p.m. and Thursday from 8 a.m.

until 2:30 p.m.

Fountain-Fort Carson Summer Learning Institute — If you are interested in extending your child's learning opportunities, Fountain-Fort Carson School District is once again offering a summer school for kindergarten through 11th graders. The elementary program will be offered at Aragon and Mountainside Elementary Schools and the middle school program will be held at Fountain-Fort Carson High School June 9 to 17 from 8 a.m. to noon. The high school program will be held June 9 to July 18 from 8 a.m. to noon.

A variety of challenging and stimulating classes are being offered to engage your child in the learning process. Whether your child needs review, enrichment or course credit, our programs will provide for your child's needs. To enroll, stop by one of our elementary schools for the elementary registration packet, a middle school or high school for the secondary registration packet, or the administration building for either packet. Plan for your children to attend this highly successful program this summer.

Car care clinic — Fort Carson Car Care Center will be conducting a Car Care Clinic on basics of maintenance upkeep i.e.:

How to check oil

Tire Pressure

Other fluids

Changing bulbs

Clinics will be held Saturday at 2 p.m. and again May 17 at 2 p.m. at the Carson Car Care Center, building 1515, corner of Chiles and Prussman Streets.

This is a free clinic to help spouses of deployed soldiers. Call Debbie Jensen or Dan Fadler at 576-6570 for more information.

Adoption Information Fair — An Adoption Information Fair will be held



Army Community Service
Family Readiness Center
526-4590

Military Spouse Appreciation Day

Uranity Fair

Tues. May 13 10a.m. to 2p.m.

Armed Services YMCA
2190 Jet Wing Dr., beside Sierra High School

Join Us
FREE
Fashion Show
Healthy Cooking
Manicures
Hair Cuts
Pedicures
Crafts and
Much More!

Call 526-4590 for more information about this event. Childcare is limited, please call 622-3564 to reserve space.

May 6 from 9 to 11 a.m. at Peterson Air Force Base in the Family Support Center classroom.

The informational session discusses the following topics:

- Adopting in Colorado
- International adoption
- Adoptive parent forum

To register for the informational session, call the FSC at 556-6141.

There will be an information fair at building 350 Atrium from 11 a.m. to 1 p.m. to meet representatives from various adoption agencies.

The Fort Carson Commissary will be closed Memorial Day, May 26 and will resume normal hours May 27.

Sustainability:

Partnerships help Carson reach its goals

Courtesy of the Directorate of Environmental Compliance and Management

Sustainability has many definitions. One accepted way of explaining it is: "The use of resources to meet the needs of the present without compromising the ability of future generations (or soldiers) to meet their own needs (mission)."

Fort Carson is establishing partnerships to assist in achieving not only Fort Carson sustainability goals but also sustainability for the region. This effort requires working with other agencies and organizations that can provide valuable expertise and resources. Some of the advantages of partnerships are that they:

- Create awareness of sustainability among others (local, state and federal government, military installations, nonprofit organizations, business, regional planning entities, interested citizens and the general public).
 - Improve our individual and community understanding of our sustainability aspects and impacts at the local, national and global level.
 - Improve collective and responsible use of resources within the capacity of the region.
 - Advance the sustainability program within the Department of Defense and the Department of the Army.
- Current ways Fort Carson is reaching its partner-

ship goal:

- Since the September 2002 regional sustainability workshop, attendees have been meeting frequently to forge partnerships to see how different organizations mesh and can assist each other in accomplishing sustainability goals.
- Fort Carson has defined critical areas of concern where partnering could promote sustainability efforts:
 - Nature — Partnership efforts include addressing regional concerns such as air and water quality.
 - Social — Issues include water consumption, especially during our cyclic drought conditions.
 - Economy — The state of the economy would be reflected by such indicators as the state of tourism and affordable housing.
 - Well-Being — Partnering can help create a dialog for community consensus.
 - A mini-workshop was conducted for partners in February to help Fort Carson write the Five-Year Installation Sustainability Plan, which included sustainability training on the principles of The Natural Step.

Things people can do on an individual level:

- Attend sustainability workshops and see if you or your organization can assist in Fort Carson's sustainability efforts. Workshop notices are publicized in the *Mountaineer*.

- Educate yourself about issues that affect Fort Carson so you as an individual can be a partner in our efforts.

For information about water conservation, go to the Colorado Springs Utilities Web site at www.csu.org.

To learn more about reducing the amount of waste you dispose of and for dates on hazardous household chemical collection dates, log on to the El Paso County Solid Waste Management Web site at www.elpasoco.com/solidwst.

- For tips on how to reduce air pollution, visit the Clean Air Campaign Web site at www.clnair.org.

Future partnership initiatives:

- Fort Carson will hold annual sustainability workshops involving suppliers, partners, potential partners and other parts of the community crucial to success of sustainability initiatives.

- Regional partners plan to produce a "state of the community" report every year to year-and-a-half to show how sustainability efforts are progressing.

For more information about Fort Carson Sustainability Program, log on to the EnviroQuest Web site at <http://www.enviroquest.com> and click on the Installation Resource Library link to access Fort Carson Sustainability documents.

- GEM stands for G(green) E(environment/economy) M(model).

Chaplain's Corner

Time to pray ...

National Day of Prayer slated for May 1

**Commentary by Chap. (Maj.) Duane Kincaid
Medical Command**

President George W. Bush, in his "National Day of Prayer Proclamation," reminded Americans, "Since our nation's founding, Americans have turned to prayer for inspiration, strength and guidance." From the very moment the first Americans set foot on this land, they prayed. In every crisis, joyful event, war and discovery, Americans prayed. Our nation and government was founded upon the faith and prayers of our forefathers. Such is our heritage and example, that we are a people of faith and prayer.

In the book of Psalms, 55:1-2, we read, "Listen to my prayer, O God, do not ignore my plea; hear me and answer me. My thoughts trouble me and I am distraught." Certainly that fits most of us during these troubled times. Our personal prayers certainly lift our very souls and thoughts to God, but when we pray together, we also embrace the entire family of faith, knowing we are not alone in our concerns.

People praying for people, across racial, economic and religious differences, that otherwise might divide us. Sharing together our concerns and love for our country and others. This is the goal of the National Day of Prayer.

The National Day of Prayer is an annual event in

which millions of Americans unite to pray for our country, leaders and this year, most certainly, our military. On May 1, our president, along with Congress, has proclaimed a National Day of Prayer. All over the nation, people will gather in homes, churches, chapels, civic buildings and parks, to join together in corporate prayer. To proclaim God to be the Lord of the United States of America, to give praise and thanksgiving, and to seek his guidance and blessing. To call upon the Almighty, to watch over our military, bless them, and preserve them in this time of war.



Every man, woman and child can take part in this great opportunity of faith. Not only by kneeling in prayer, but by joining others in group prayer, by telling someone you are praying for them, and by encouraging others to join in. For we have a God who loves us, a God who listens and answers the prayers of his children. We have such a legacy of thriving faith and prayer, and in these days it is certainly time to pray, for as the Psalmist wrote, "God is our refuge and strength, an ever-present help in trouble."

On May 1 at Fort Carson, every chapel will be open for prayer during duty hours, with a special prayer service being held at Soldiers' Memorial Chapel beginning at noon. Join the nation and the Fort Carson community in prayer.

Chapel briefs

National Prayer Breakfast —

The Fort Carson National Prayer Breakfast is slated for May 14, in the Elkhorn Conference Center, at 7 a.m. Tickets will be available soon, but remember, seating will be limited this year. The National Prayer Breakfast began under the Eisenhower administration and is observed annually at the White House and in many communities and on most military installations around the world. Plan now to attend.

Native American Sweatlodge ceremonies — Native American Sweatlodge ceremonies (He Ska Akicita Inipi) are offered to military personnel, dependants and Department of Defense personnel for traditional prayer and purification. Fasting before the ceremony is recommended and refreshments are offered following the ceremony. Please call Michael Dunning at 382-5331 or (c) 330-9537 for information.

Chapel

Vacation Bible School — A “Super Cool Undersea Bible Adventure,” or SCUBA, will be our 2003 Vacation Bible School, 9 a.m. to noon, June 16 to 20. All children age 4 through 6th grade may attend. Registration will begin May 1 at Soldiers’ Memorial Chapel. Space is limited. Volunteers are need for crew leader positions. For information, call Dennis Scheck at 526-5626.

Vacation Bible School crew leader recruitment — How about being a part of SCUBA our Super Cool Undersea Bible Adventure Team at Soldiers’ Memorial Chapel. We are looking for high school youth and adults to lead the way as SCUBA Crew leaders. Crew Leaders are in the center of the fun with the children. Each SCUBA crew leader has a crew of five elementary or preschool children to mentor, have fun with and lead by example. Call Dennis Scheck at 526-5626 to join in the fun. Registration for children will begin May 2 at Soldiers’ Memorial Chapel.

National Day of Prayer — On May 1, we will again lift our prayers across the nation, as we observe the National Day of Prayer. By presidential proclamation, the nation unites to pray for our country and leaders, and this year especially for our armed forces. Every Fort Carson Chapel will be open all day for prayer and meditation, with a special service being held at noon, at Soldiers’ Memorial Chapel. “God is our refuge and strength, an ever present help in trouble.” (Psalm 46:1) Come, let us pray together.

Chapel Schedule

ROMAN CATHOLIC

Day	Time	Service	Chapel	Location	Contact Person
M-W-F	noon	Mass	Healer	Evans Army Hospital	Fr. Pat Battiato/526-5769
Tues., Wed., Thurs.	noon	Mass	Soldiers’	Nelson & Martinez	Chap. Stahl/526-5769
Saturday	5 p.m.	Mass	Soldiers’	Nelson & Martinez	Chap. Stahl/526-5769
Sunday	8 a.m.	Mass	Prussman	Barkeley & Prussman	Chap. Stahl/526-5769
Sunday	9:30 a.m.	Mass	Soldiers’	Nelson & Martinez	Chap. Stahl/526-5769
Sunday	10:45 a.m.	CCD	Soldiers’	Nelson & Martinez	Pat Treacy/526-5744
Sunday	11 a.m.	Mass	Healer	Evans Army Hospital	Chap. Stahl/526-7386
Sunday	12:15 p.m.	Mass	Provider	Barkeley & Ellis	Chap. Stahl/526-5769

PROTESTANT

Sunday	9 a.m.	Protestant	Healer	Evans Army Hospital	Chap. Kincaid/526-7387
Sunday	9 a.m.	Protestant	Provider	Barkeley & Ellis	Chap. Jones/526-4416
Sunday	9:30 a.m.	Contemporary	Veterans’	Magrath & Titus	Chap. Ellison/526-4416
Sunday	11 a.m.	Protestant	Soldiers’	Nelson & Martinez	Chap. Fox/526-8011
Sunday	11 a.m.	Prot./Gospel	Prussman	Barkeley & Prussman	Chap. Powlledge/526-4469
Sunday	9:30 a.m.	Sun. School	Soldiers’	Nelson & Martinez	Dr. Scheck/526-5626
Sunday	9:30 a.m.	Sun. School	Prussman	Barkeley & Prussman	Chap. Byrd/526-2811
Sunday	2 p.m.	LDS	Provider	Barkeley & Ellis	Chap. Jones/526-4416
Tuesday	9 a.m.	PWOC	Soldiers’	Nelson & Martinez	Chap. Fox/526-8011

LUTHERAN

Sunday	10:45 a.m.	Protestant	Provider	Barkeley & Ellis	Chap. Bauer/526-5279
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JEWISH

For information and a schedule of Jewish Sabbath services, call the U.S. Air Force Academy Cadet Chapel at 333-2636.

WICCA

Tuesdays	6:30 p.m.	Family University	Barkeley & Ellis	Information: 526-8013
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For additional information, contact the Installation Chaplain’s Office, building 1550, at 526-5209. Normally, free child-care is available during on-post worship services.

Daily Bible readings: In order to assist in regular scripture reading, the following scriptures are recommended. These scriptures are part of the common daily lectionary which is designed to present the entire Bible over a three-year cycle.

Friday — Psalms 119:145-152 & 1 Thessalonians 4-5
Saturday — Psalms 119:153-160 & 2 Thessalonians 1-3
Sunday — Psalms 119:161-168 & 1 Timothy 1-3
Monday — Psalms 119:169-176 & 1 Timothy 4-6
Tuesday — Psalms 120 & 2 Timothy 1-2
Wednesday — Isaiah 25: 1-9 & 2 Timothy 3-4
Thursday — 1 Samuel 2:1-10 & Titus & Philemon

The Army Cycle Of Prayer — Each week the Office of the Army Chief of Chaplains will highlight Army units, the Army at large, the nation and religious organizations to focus prayer. You are invited to join with the chaplain community and pray for these individuals and organizations. Please pray this week for the following:

Unit: For the soldiers, families and leaders of the 4th Infantry Division, headquartered at Fort Hood, Texas, forward deployed in support of Operation Iraqi Freedom.

Army: For the dedicated employees and volunteers of Army Community Service and Army Emergency Relief, whose work blesses thousands of soldiers and families.

State: For all soldiers and their families from the state of Montana. Pray also for Gov. Judy Martz, the state legislators and municipal officials of the Treasure State.

Nation: For our Commander in Chief, President George W. Bush and members of Congress in their efforts to protect our nation’s interests.

Religious: For the National Day of Prayer (May 1), that our people will lift up their communities, their leaders and their nations to God, and seek his blessing. For more information on the Army Cycle of Prayer, or to pray for items from previous weeks, visit the cycle’s Web site at www.usarmychaplain.com.

ALCOHOL ABUSE

by **SpC. Stacy Harris**
Mountaineer staff

It's a risk many people take. It can cost you control, it can cost the lives of innocent people, and it costs money.

It's alcohol and it's a disease that affects many people.

"It (alcohol abuse) is such a serious problem," said Ernestine Richardson, prevention specialist, Army Substance Abuse Program. "Not just on the installation, but a serious problem in general."

April is Alcohol Awareness Month and a time to focus on a problem that can affect anybody — young or old, rich or poor, soldier or civilian.

Alcohol abuse is common and while April is dedicated to making people conscious of the issues associated with abuse, it is important to be aware of the problems every day of the year.

"People just need to be aware ... and a month really is not enough," Richardson said. "It affects readiness, it affects families, and it can have a very negative affect on just about every aspect of life."

During Alcohol Awareness Month, Fort Carson helped combat the abuse problem by partnering up with representatives of the El Paso County Department of Health and Environment and Mothers Against Drunk Driving during the 5th Annual Alcohol Screening Day, sponsored by ASAP, said Sgt. 1st Class Jamel Gilbert, ASAP noncommissioned officer. The event was held April 10, 11 and 14.

ASAP representatives were available to talk about the treatment program on Fort Carson, as well as conducting a survey and questionnaire. Other local representatives were available to talk with military members and families about the affects of alcohol abuse. In addition, drunk goggles were on site to give participants the opportunity to see what it feels like to be intoxicated, but allowing them to still be able to remember the experience, Gilbert said.

"It's mainly a screening day," he said. "The main focus is to bring the folks in ... and get a feel for their drinking (habits)."

The screening day will also give ASAP officials the opportunity to identify community members who would like

counseling or advice, as well as answer questions and send people in the proper direction for help, Gilbert said.

Alcohol abuse is a disease, Gilbert said, and it's not something you can identify just by looking at someone.

"A lot of times folks who use alcohol ... turn to alcohol to ease the tension," he said. "It gets to the point where it becomes more of a dependency."

Gilbert defined alcoholics as people who don't have control of their drinking, eventually affecting their everyday responsibilities. It is something they can no longer control; instead alcohol controls them.

"They have to have a drink to calm down," Gilbert said. "But when it comes to dealing with stresses in another way, they find it hard ... they can't do it."

Since the recent deployments, Gilbert said there has been an increase in soldiers being identified for the ASAP program. While it is hard to say if the increase is directly attributed to the recent deployments because soldiers deal with stress every day, he said that they believe they should drink now while they are still able to.

"A lot of time soldiers are thinking they should drink now because they aren't going to be doing it for awhile," he said. "(They may want to) get that last party in."

Alcohol abuse is something a person teaches himself before joining the military, Gilbert said, and leaders need to understand that alcoholism is a sickness.

"Soldiers coming into the military bring their dependency with them," he said. "We're trying to get them help. Now we understand ... the dependency is something they just can't lick. The dependency is a sickness."

Soldiers who have a problem with alcohol dependency do it to ease the tension and stress, and even though they might know they have a problem, they are afraid to step up and ask for help, Gilbert said.

"(They) don't want leadership to use it against them or look down on them," he said.

Gilbert said during the inprocessing briefing, both soldiers and leaders are informed about the dangers of alcohol abuse and given a number to call for information or help. He recommends participants take the number, not because they necessarily need it, but because they

"It affects readiness, it affects families, and it can have a very negative affect on just about every aspect of life."

Ernestine Richardson
prevention specialist
Army Substance Abuse Program

might know someone else who needs help. For more information about alcohol abuse or for help, call 526-2181 or 526-9191.

Gilbert said alcohol abuse could lead to many problems, to include health problems, other types of abuse, inability to think clearly and the possibility of contracting a sexually-transmitted disease. In addition, alcohol abuse can lead to financial problems when the soldiers are spending their money for alcohol instead of other needs.

Currently, the Army is trying to deglamorize alcoholism, Richardson said. The Army is doing this through training programs that raise awareness and treatment through the ASAP clinic.

ASAP is separated into two parts — the first part is prevention, and the second part is treatment, Richardson said. The prevention is doing unit training, classroom training and campaigns during Red Ribbon Week and National Drunk and Drugged Driving Month. Intervention is counseling or hospitalization after soldiers have been identified as having a problem.

There are 250 soldiers participating in treatment at the ASAP clinic at Evans Army Community Hospital, said Robert Pinner, clinical director, ASAP, EACH. In addition, 25 new cases are brought into the clinic monthly and about 750 soldiers are seen over a year period.

"I think the biggest thing the Army has done was make alcohol less glamorous," Richardson said. "Less social functions center around alcohol. (Now there are) more functions where alcohol is not served at all or there is an alternative."

Alcohol abuse is a deadly disease and the best way to combat it is to be informed. "(Alcohol Awareness Month) is a big push to get out there and touch as many people with the information that we can," she said. "The one thing that makes it (alcohol) so dangerous is because people aren't aware that it can affect all aspects of your life."

Abusing alcohol can be costly — it can cost money, it can cost you your career, and it can cost you your health. And once it is abuse, it becomes life-threatening.

... Watch your life go up in flames



Photo by SpC. Jon Wiley
Sgt. Jeff Aitken, 5025th Military Police Company, practices the arrest of a person caught driving while under the influence of alcohol on post. In March, Fort Carson MPs handled 45 alcohol related incidents.



Photo by SpC. Jon Wiley
Sgt. 1st Class Jamel Gilbert, Army Substance Abuse Program non-commissioned officer, briefs incoming soldiers on the dangers of alcohol abuse. All soldiers who in-process at Fort Carson must attend this mandatory class, which informs them about the post's alcohol abuse policies and services provided to those who have a drinking problem.

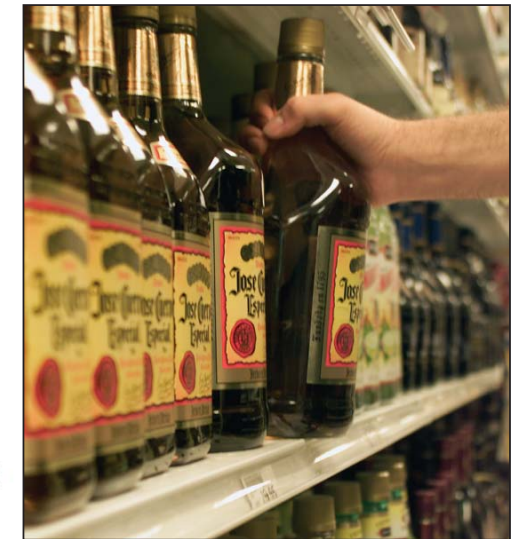


Photo by SpC. Chris Smith
An estimated 73 percent of current legal-aged drinkers drink to excess at least once per year, and more than half of Americans report a family history of alcoholism or problem drinking.

Symptoms of alcohol dependence

- **Neglect of other activities** *Important social, occupational or recreational activities are given up or reduced because of alcohol use.*
- **Excessive use** *Alcohol consumed in larger amounts over a longer period than intended.*
- **Impaired control** *Ongoing, unsuccessful efforts to cut down or control alcohol consumption.*
- **Persistence of use** *Alcohol consumption is continued despite knowledge of having a persistent or recurrent physical or psychological problem that is likely caused or made worse by alcohol.*
- **Large amounts of time spent in alcohol related activities** *A great deal of time is spent in activities necessary to obtain, use or recover from the effects of alcohol.*
- **Withdrawal** *Withdrawal symptoms, such as nausea, sweating, shakiness and anxiety when alcohol use is stopped after a period of heavy drinking.*
- **Tolerance** *The need for increasing amounts of alcohol in order to feel its affects.*



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Sports & Leisure

Out of the blocks ...

Eagles off to winning start

by Bill Scharton
Mountaineer staff

Veteran Carson Middle School Track and Field Coach Rose Terrell was pleased with the Eagles' results following the first meet of the season April 17.

Terrell has coached track and field at Carson Middle School for 15 years, 14 of those as the head coach. This season she is assisted by Justin Arnell and Mark Perkins.

"This is the best beginning to any season," Terrell said. "We didn't score a lot of team points, but the times and distances were good for this early in the season. We will now focus on shaving seconds of our times and adding inches and feet to our heights and distances."

In the seventh-grade boys competition, the Eagles' Terrance Hutchins had an outstanding meet first place finishes in both the long jump (14-4 3/4) and the triple jump (26-7). He also placed second in the 100-meter dash and was a

member of the second place 400-meter relay team.

Jerry Ventura and Dominique Staples finished second and fourth respectively in the 400-meter Dash. Rodney Watson finished third in both the 100-meter hurdles and the triple jump. Jamar Moody and Jacob Salinas placed second and third respectively in the discus.

Jasmine Small was the only event winner among the Carson Middle School seventh-grade girls.

She won the discus with a toss of 59 1/4. Candice Buckles finished second in the 100-meter Dash, Demi DeLoach placed third in the 400-meter dash and Jasmine King claimed third in the long jump.

In the eighth-grade girls action, Kathryn Clouser captured two first places in shot put (24-8 1/2) and discus

See Track, Page 20



Carson Middle School long jumper Kelly Parker makes a soft landing in the pit during the first meet of the season April 17. Parker, an eighth-grader, placed second in both the long jump and the discus.



Photos by Bill Scharton

Kiara Pittman, an eighth-grade sprinter for the Carson Middle School Eagles track and field team, scored several points for the Eagles at the first meet of the year April 17. Pittman finished second in the 200-meter dash, third in the 100-meter dash and was a member of the Eagles winning team in the 400-meter relay.

Eggsperience packs Special Events Center



Photo by Bill Scharton

A father points out an egg to his daughter during the 3- and 4-year-old stage of the annual Spring Egg Hunt Saturday.

by Bill Scharton
Mountaineer editor

An full parking lot and a jam-packed Mountain Post Special Events Center Saturday signaled success for the Eggsperience and Information Fair.

The Eggsperience part centered around the annual Spring Egg Hunt sponsored by the Directorate of Community Activities. The weather was chilly, windy and damp, but the bundled up, eager youngsters paid little attention to Mother Nature.

DCA employees scattered hundreds of plastic eggs in an open field and the 3- and 4-year-old youngsters had the first opportunity to hunt. The 5- and 6-year-old children were next, followed by the final hunt of the day by 7- and 8-year-old egg gatherers.

There were plenty of eggs, and nearly every basket was full at the end of each hunt. Many eggs contained candy, and a several were filled with prizes.

Inside the warm Special Events Center, a four-hour steady stream of youngsters sat on the lap of the Easter Bunny and posed for a photograph. Sharon Martin, an Evans Army Community Hospital employee, took pictures non-stop from 10 a.m. to 2 p.m. and reported a bruised shutter finger at the end of the day.

The Information Fair showcased the Mountain Post community spirit as many major post units and organizations set up booths and displays to provide information. The purpose was to provide "one-stop shopping" to anyone

looking for information and services available at Fort Carson and the surrounding communities.

Kelli Dean, whose husband is deployed, and her son (Hayden), were visiting all of the display booths. "This is a wonderful event," Dean said. "People need to get out and about right now. They should try to be as active as possible."

"Information like this is crucial. The newcomers to the post, the Guard and Reserve members, need this type of information and support as well."

Many of the organizations and units were giving away prizes throughout the day. One of the most sought after prizes was a five-foot tall stuffed

See Egg, Page 21

Spring Fling brings party-goers to Carson

by **Bill Scharton**
Mountaineer staff

Fort Carson Garrison Commander Col. Simeon Trombitas was flinging words in glib fashion April 17 at the Spring Fling dinner and dance.

Trombitas' Garrison team co-hosted the first-time event along with the team from the Elkhorn Catering and Conference Center.

"The purpose of this event is to talk to each other, have fun and take a break," Trombitas said to the 100 "flingers" in attendance. "We have a good cross section of people here tonight. It truly shows we are an Army of One. Now, let's party as one."

Stephanie Camp, Elkhorn Catering and Conference Center manager, cited baseball as the Spring Fling theme. Baseball banners, equipment and photographs were in abundance.

The hard-hitting buffet featured a Louisville Slugger salad bar, fried home run chicken, barbecue fast pitch beef brisket, swingin' green bean almandine, Colorado Rockies cut corn, homemade batter's box potato salad, fly ball red bliss potatoes, assorted slow pitch dinner rolls, Joe DiMaggio melt-in-your-mouth apple cobbler, bat boy assorted cakes and, of course, peanuts and Cracker Jacks.

"We are attempting to put together a special event every month for the soldiers," Camp said. "We hope to have a carnival theme for the June special event."

Flingers grooved to the easy listening tunes of the five-piece band called Bighorn. Three members of the band came from the Air Force Band of the Rockies.

Photography was provided by Sharon Martin. Martin, an Evans Army Community Hospital employee.



Photo by Bill Scharton

Fort Carson Garrison Commander Col. Simeon Trombitas, standing, and his Garrison Team co-hosted the first-time Spring Fling event April 17 along with the Elkhorn Catering and Conference Center staff.

Track

From Page 19

(72-1). Kelly Parker placed second in both the discus and the long jump. Kiera Pittman finished second in the 200-meter dash and third in the 100-meter dash. Zoria Brooks placed second in the 400-meter dash and Amanda Davis earned third in the discus. Pittman, Brooks, Mar'shah Primm and Ashley Ricks won the

400-meter relay for the Eagles.

Eagles' eighth-grade boys competition featured Emanuel Taylor winning the shot put (38-11) and Alexis Rodriguez placing first in the 100-meter hurdles (18.75). Dominique Figueroa placed second in the 200-meter dash and third in the long jump. LaJon Caldwell finished third in both the triple jump and the 100-meter hurdles. Tim Deeren placed third in the discus and Taylor also picked up a third in the 100-meter

dash. The 800-meter relay team of

Rodriguez, Caldwell, Allen Johnson and Chris Shamlee earned a blue ribbon for the Eagles.

Rodriguez, Johnson, Shamlee and R.J. Espiritu placed third for the Eagles in the 400-meter Relay.

The Eagles' next meet will be at 3:30 p.m. Thursday at the Fountain-Fort Carson High School Sports Complex. The Eagles will compete in the Manitou Springs Invitational May 3.



Photo by Bill Scharton

Army boxer Mahlon Kerwick receives instructions in between rounds from George Cofield, Army World Class Athlete Program boxing team assistant coach, at a tournament earlier in the year.

5 Army boxers take home Golden Gloves Saturday

by Bill Scharton
Mountaineer staff

Five boxers from the Fort Carson Army World Class Athlete Program boxing team won Colorado state Golden Gloves titles Saturday in Commerce City.

Gold medal winners included Torrence Daniels (119 pounds), Mahlon Kerwick (132 pounds), Edward Joseph (152 pounds), Clarence Joseph (165 pounds) and Deandrey Abron (178 pounds).

These state winners now advance to the regional competition May 10 against New Mexico state winners. The regional competition will take place at the Mile High Events Center, 5155 E. 64th Ave. in Commerce City. The regional winners earn the right to go to the National Golden Gloves tournament May 29 to 31 in Las Vegas.

The five Colorado State Golden Gloves titles also earned the 2003 Colorado team title and trophy for the Army boxing team.

Egg

From Page 19

Bugs Bunny being given away by the Information, Tickets and Registration office.

A drawing would determine the winner of Bugs Bunny and 8-year-old Tiera Clark was asked to pick the winning ticket. She pulled the ticket and couldn't believe it when her own name was announced. "I was surprised," Clark said as she clutched the Bugs Bunny that was bigger than she was.

Along with DCA, the event was presented by Fort Carson Morale, Welfare and Recreation and Fort Carson Family Housing, LLC.

"We had a great turnout," said Ann Edinger, event coordinator for DCA. "This is the first time we combined an information fair with the annual spring egg hunt. We plan to make it an annual event. People like having the information in a one-stop setting."



Photo by Bill Scharton

A child from the Carson community sits for a photograph with the Easter Bunny in the post's Special Events Center.

Family Night draws crowd at youth services

From caricatures to bingo, Carson families get a free night out

by **Bill Scharton**
Mountaineer staff

Lowell Lucas, 4-H Art Club president, was drawing caricatures as fast as he could and Torch Club members Courtney Broughton, Emme Carter and Shuzel Timothy were dishing out enchiladas and spaghetti at a rapid clip.

This was just part of the action on the evening of April 18 at the Youth Services Center quarterly Family Night. About 150 parents and children attended the event.

"Normally, there is a \$5 per family fee for this event," said Loren Morris, youth director at the Youth Services Center. "We decided to waive the fee for this Family Night because April is the "Month of the Military Child" and because of deployments.

"We had a good turnout for the event. Torch Club members served as hosts and did a good job. Staff members worked as a team as usual and the whole evening went very well."

Lucas had a steady flow of youngsters sitting in a chair while he drew their caricature. During the two-hour event, Lucas estimated he drew between 40 and 50 caricatures.

While brother and sister Enrico James and Mariah Harden were having their caricatures drawn, mother Tonya James was able to take a break and relax.



Photo by Bill Scharton

Mariah Harden, middle, and brother Enrico James sit while Youth Services Center 4-H Art Club president Lowell Lucas draws their caricatures during Family Night April 18.

"We played bingo for a while," James said. "The kid's photos were made into sports cards in the computer lab and we signed up for youth soccer."

Jeannie McCormick, a recreation program aid at the Youth Services Center, helped with soccer registration. "The youth soccer season will be May 3 to May 24," McCormick said. "Because it is a short season, we will play games on weekday evenings." Soccer games will be played at Pershing Field. Registration for T-ball, baseball and softball is taking

place now through May 17.

"Catfish" Mayes called bingo numbers all evening and Barbara Moreland-Put, a lead educational technician at the Youth Services Center, helped the Torch Club members serve the enchiladas, refried bean, Spanish rice, spaghetti and cookies.

"The Torch Club is a part of the Boys and Girls Club that is affiliated with the center here," Moreland-Put said. "Their function is to get involved with a variety of community service projects."

Butterflies fly free in tropical forest



Photo courtesy Butterfly Pavilion

A blue Common Morpho butterfly sits on a plant in the tropic forest at the Butterfly Pavilion and Insect Center.

by Nel Lampe
Mountaineer staff

Butterflies fly freely in the Butterfly Pavilion and Insect Center in the Denver area. Hundreds of butterflies fill the 7,000 square foot tropical forest. The temperature is always 80 degrees in the Butterfly

Pavilion, and 70 percent humidity — about like a summer day in Hawaii. It's a great place to visit on a gray, cloudy day, or a treat at any time.

The mission of the Butterfly Pavillion is to foster an appreciation of butterflies and other invertebrates while educating the public about the need for conservation of threatened

habitats in the tropics and around the world.

Insects are also invertebrates — animals without backbones. The Insect Center seeks to teach visitors about insects in a fun, educational learning environment.

Visitors can see several varieties of insects up close in the Insect Center and are offered the opportunity to actually touch or hold some of the insects. Rosie, a tarantula, is popular with many visitors to Critter Cabana. Employees or volunteers are on hand to talk about the insects and to oversee visits with Rosie.

Displays of centipedes, crabs, snails and sand dollars are housed in the section called "Crawl-a-see-'em."

"The Water's Edge" has marine invertebrates from Atlantic and Pacific tide pools.

After visiting the insects, head for the "Wings of the Tropics" where 1,200 butterflies flit about. These butterflies represent about 50 tropical species. Visitors may purchase a "butterfly guide sheet" to help identify the butterflies they see. Colorful butterflies may land anywhere — on trees, leaves, rocks or on someone's shoulder or head. Butterflies are very light on their feet and sometimes people are not even aware they are walking around with a butterfly passenger.

Pavilion employees and volunteers ask visitors not to touch or catch the butterflies as the human touch leaves harmful oils on the butterflies' wings.

The tropical atmosphere encourages the butterflies to fly, eat and thrive. Tropical and sub-tropical plants provide blooms and nectar year around. Often seen butterflies are the blue Common Morpho and the Tawny Owl Butterfly from South America. Other butterflies in the pavilion are the Paper Kite butterfly from Asia and the



Photo by Nel Lampe

Cliff Kelley is delighted to hold Rosie the tarantula while in the Insect Center at the Butterfly Pavilion.



Photo by Nel Lampe

Colorful butterflies are released in the Butterfly Pavilion twice a day.

See Butterflies, Page 26

Happening's



Places to see in the Pikes Peak area.

April 25, 2003

Butterflies

From Page 25

Monarch butterfly. The Dead Leaf butterfly looks like a brown leaf when it closes its wings — perfect camouflage. Tropical and subtropical plants provide nectar for the butterflies. A pond, fish and turtles are also in the forest.

The Butterfly Pavilion was started by the Rocky Mountain Butterfly Consortium to encourage people to learn about butterflies and insects and to appreciate them. The 16,000 square-foot facility is on five acres. It opened in 1995 and was the first stand-alone facility of its kind.

The facility draws more people than it was designed to hold. It was designed for 100,000 visitors, yet about 250,000 people visit every year.

Expansion is under way at the pavilion. Phase I started last month, and includes exhibit and classroom space. Phase II will include a glass pyramid which will house the tropical forest and thousands of butterflies.

The Butterfly Pavilion and Insect Center is not connected with a zoo or museum as are other

butterfly houses around the nation. The pavilion is funded by private and corporate donations, the city of Westminster, banks, admission and membership fees and gift shop sales.

Butterflies have short lives and depending on the specie, usually living just a few weeks.

The butterfly cycle begins with eggs, which become caterpillars. Four to eight weeks later the caterpillars transform into a chrysalis or pupa. Once the caterpillar becomes a pupa, butterfly farms around the world ship the pupa to the Butterfly Pavilion, where the pupa eventually emerge as butterflies. A viewing area is available to visitors to watch the metamorphosis.

New butterflies are released in the pavilion forest every day at 12:30 p.m. and again at 3:30 p.m., if enough butterflies are available. A pavilion employee brings in a wire basket filled with colorful butterflies. The basket is opened and the employee introduces the butterflies and helps the new butterflies find freedom.

Visitors stroll along paths, sit on benches and try to entice butterflies to land. Some people think that butterflies are attracted to brightly colored flower-printed clothing.

When ready to leave the butterfly pavilion, visitors exit into the gift shop. They are asked to make sure no butterflies escape the pavilion with them.

The gift shop is filled with butterfly décor. Backpacks, jewelry, T-shirts and scarves. There are butterfly stickers, pencils, stencils and note cards. Butterfly nets and books about insects and butterflies are for sale.

People who are interested in growing plants that attract butterflies can find information in the gift shop about the kind of plants butterflies like.

The Butterfly Deli is near the gift shop. The deli has a small selection of snacks, pastries and soft drinks. A few tables and chairs are nearby, or a few tables and chairs on the patio.

There are five acres of butterfly gardens and nature trails on the property. The Butterfly Pavilion and Insect Center is open year around, except for Thanksgiving and Christmas holidays.

Hours are 9 a.m. until 5 p.m. It is open until 6 p.m. in summer.

The entrance fee is \$6.95 for adults and \$3.95 for children ages 4 to 12. Children under age 3 are admitted free.

To reach the Butterfly Pavilion and Insect Center, take Interstate 25 north to Denver. Continue on I-25 past downtown, crossing I-70, then watching for U.S. Highway 36, also known as the Boulder Turnpike. Take U.S. 36 west to the Church Ranch Boulevard Exit/104th Avenue in the Denver suburb of Westminster. The Butterfly Pavilion and Insect Center is at 6252 W. 104th Ave.

The Butterfly Pavilion and Insect Center is near the Westin Promenade Shopping Center, which has a theater complex, several restaurants, stores and entertainment establishments.



A young visitor watches bees at work in a beehive in the insect center.



More than 50 species of butterflies are in the Butterfly Pavilion.



Katie Kelley touches a starfish in a hands-on exhibit.



The chrysalis viewing area allows visitors to see the butterflies emerge.



Children get a close look at some just-emerged Paper Kite butterflies.

Just the Facts

- **Travel time** about 90 minutes
- **For ages** Families
- **Type** butterfly and insect exhibit
- **Fun factor** ★★★★★ (Out of 5 stars)
- **Wallet damage** \$\$

\$ = Less than \$20

\$\$ = \$21 to \$40

\$\$\$ = \$41 to \$80

(Based on a family of four)

Get Out!

Blossom Fest

The annual Music and Blossom Fest is May 2 to 4 in Canon City. In addition to music competitions, there's a parade, barbecue, craft fair and pancake breakfast. If that's not enough, check out the rodeo, which has been an annual event since 1872. It all takes place in Canon City, just about 40 miles south. Take Highway 115 south to Florence, then take Highway 50 west to Canon City.

Vintage aircraft show

The annual "In Their Honor Airshow" is at former Colorado Springs Airport May 17 and 18. Vintage aircraft will be on display, perform airshows and flybys. The cost is \$10 for adults, \$8 for military and \$3 for children. For information, call 635-8803. Take Fountain Boulevard east of Powers to the old airport. Parking is available for \$3. Refreshments will be available.

Military honored at Royal Gorge

The Royal Gorge Bridge and Park honors servicemembers during the month of May. Show a military ID card and get in for half price. Regular price is \$18 for adults and \$14 for children 4 to 11. Ages 3 and under are admitted free. Admission includes all attractions and rides. Picnic space is available and snack bars are on the premises. The bridge is about 10 miles west of Canon City.

Mothers' Day

JoyRides lets Moms enjoy the rides and golf for free Mothers Day weekend, May 10 and 11, when accompanied by her family. Joyrides, a family fun center, is at 5150 Edison Ave. Call 573-5500 for information. JoyRides is open from noon until midnight Saturdays and noon to 7 p.m. Sundays.

Money Museum Open House

The Money Museum, 818 N. Cascade, has an open house Saturday from 10 a.m. until 4 p.m. The open house is in honor of National Coin Week. Admission is free; there are prizes and drawings.

Headless Chicken Festival

The annual "Mike the Headless Chicken" fes-

tival is in Fruita May 16 and 17. The fest celebrates a chicken with his head cut off who continued to live for 18 months. Fruita is near Grand Junction on the western slope.

Blue's Clues, Live

Blue's Clues Live! is in the Pikes Peak Center June 6 to 8. Tickets are available at Ticketmaster, 520-9090.

Armed Forces Day Concert

The Air Force Band of the Rockies, along with the Colorado Springs Chorale, present a concert honoring the Armed Forces at the Air Force Academy's Arnold Hall, 7 p.m. May 15. Tickets are required and are free at Ticketmaster, 520-9090.

Pikes Peak Philharmonic

The Pikes Peak Philharmonic presents its season finale May 18, at 3 p.m. in Benet Hill Center, 2577 N. Chelton Rd. Admission is \$6 for adults and \$3 for children. There's a family admission ticket of \$12 for a family. Tickets are available at the door.

Armed Forces Weekend at JoyRides

Servicemembers receive free admission May 17 and 18 as JoyRides honors active duty, reserve and retired soldiers. Pick up tickets at Fort Carson Information, Tickets and Registration. JoyRides Family Fun Center is on East Platte, near the Flea Market.

Magic

David Copperfield is at the Pikes Peak Center May 3 and 4; tickets start at \$27. Call Ticketmaster, 520-9090.

Denver Theater

"Les Miserables" is at the Buell Theatre in downtown Denver May 14 through 24, with ticket prices starting at \$15. Go to www.denvercenter.org. or call (303) 893-4000.

The Blue Man Group is in the Pepsi Center in Denver May 25, at 7:30 p.m. Call Ticketmaster, 520-9090 for tickets, which start at \$30.

Theater

"Damn Yankees" is presented by the Fine Arts Center Repertory Theatre Company May 2 through 18, Fridays and Saturdays at 8 p.m. and Sundays at 2 p.m. Tickets are \$25 at the box office, 634-5583. The theater is at 30 W. Dale St.

"Same Time Next Year" is now playing at the

Castaways Dinner Theater, 103 Manitou Ave. in Manitou Springs. Dinner and show are \$33. Show only tickets are available for \$22. Call 685-3700 or 685-3300 for tickets.

"Montana Serenade" is at the Manitou Springs Iron Springs Chateau, 444 Ruxton Ave. through September. Dinner and show cost \$23.50 at 685-5104. Dinner is at 6 p.m., with the show at 8 p.m. There's parking around the theater.

Broadway road shows

Pikes Peak Center's Broadway series next show is "Lord of the Dance," May 28 and 29 in the Pikes Peak Center. Call Ticketmaster at 520-9090.

World Arena lineup

Tim Conway and Harvey Korman are "Together Again" May 8, at 7:30 p.m.

"George Lopez" is at the World Arena at 8:30 p.m. May 10.

"Yanni" is in concert at the arena May 22.

Tickets for all these shows are available at 576-2626 or online at www.worldarena.com.

Philharmonic concert

The newly created Colorado Springs Philharmonic has a concert featuring Beethoven's Piano Concerto No. 2 May 1 and 2, at 8 p.m. at the Pikes Peak Center. All tickets are \$21.

Denver events

Christina Aguilera and Justin Timberlake appear together June 23 at the Pepsi Center. Call Ticketmaster at 520-9090. Prices start at \$39.50.

Grammy winner Norah Jones is at Red Rocks Amphitheatre in the Denver area Aug. 15. Tickets are at Ticketmaster, 520-9090.

Big Head Todd and the Monsters and Hootie and the Blowfish perform at Red Rocks Amphitheater May 17. Check with Ticketmaster, 520-9090 for tickets, which start at \$39.50.

Comedy

The Pikes Peak Community College Masquers present "Five Women Wearing the Same Dress," a comedy, each Friday and Saturday through the end of April. The theater is at the campus, 5675 S. Academy Blvd. Call 540-7418; tickets start at \$5.

Theatreworks

"The Cherry Orchard" is presented by The University of Colorado at Colorado Springs Theatreworks though May 4. Thursdays, Fridays and Saturdays at 7:30 p.m. Call 262-3232 for tickets.

Happenings



Photo by Nel Lampe

Royal Gorge ...

Royal Gorge Bridge and Park, just west of Cañon City, marks Military Appreciation Month during the month of May. All military members are admitted for half price throughout the month. Hours are 9:30 a.m. to 5:30 p.m. weekdays, and until 6:30 p.m. Saturdays and Sundays. Admission entitles visitors to all rides.



Program Schedule for Fort Carson cable Channel 10, today to May 2.

Army Newswatch: includes stories on rescued American POW, Kiowas in Kuwait and Central Command war update. Airls at 7:30 a.m., 12:30 p.m., 7:30 p.m. and 12:30 a.m.

Navy/Marine Corps News: includes stories on American POW rescue, Iraqi humanitarian effort and the "Perform to Serve" program. Airls at 8 a.m., 1 p.m., 8 p.m. and 1 a.m.

Air Force News: includes stories on Operation Iraqi Freedom, aeromedevac training and deployment problems. Airls at 8:30 a.m., 1:30 p.m., 8:30 p.m. and 1:30 a.m.

Channel 9 daily broadcasts SCOLA, foreign language news broadcasts. Access the schedule at the Fort Carson Web site.

If you have comments on Channel 10 programming or wish to coordinate a broadcast on Channel 10, please contact Chief of Command Information at 526-1241 or via e-mail at CommandInfo@carson.army.mil.

Program times will be published in the *Mountaineer* provided coordination is made one week prior to publication.

If you wish to have a training videotape shown on Channel 9 only, contact the Regional Training Support Center at 526-5111.

For additions to the Community Calendar, please submit an e-mail or clean, typewritten copy of the information to the Public Affairs Office, room 2180, 6151 Specker Ave., Fort Carson, CO 80913 or fax information to 526-1021 no later than the Friday before airing time.